

# Sitting Leg Stretches

**Safety notice:** When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

## 1. Leg nerve gliding



This exercise helps free up the Sciatic nerve in the leg. Sit in a stable chair with your arms behind your back and your back reasonably straight. Slowly straighten your leg while lifting your head up towards the sky as far as comfortable. Then reverse this action. Repeat this 5 times each side.

## 2. Sitting slump stretch



This exercise helps stretch the Sciatic nerve. Sit in a stable chair, and with your knees bent, reach for your toes. Have your legs as straight as you can while still easily being able to reach your toes. Bend your forehead towards your knees as far as comfortable. Once you feel a comfortable stretch rest in this position for 20 seconds. Repeat this twice. This stretch can be felt anywhere from the calves right up to the back of the head. It is commonly felt through the hamstrings and lower back.

## 3. Sitting Piriformis stretch



This stretch focuses on the deep hip muscles including the Piriformis muscle. Sit comfortably in a stable chair and cross your right foot over your left knee as shown. Leading from the navel and maintaining a straight lower back, stretch forward until a comfortable stretch is felt deep in the right buttock area. Hold this position for 20 secs and repeat twice each side.